



MOTHERS NOTEBOOK

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One Month Edition

During the next month you may need to be separated from your baby. Many women are planning on returning to work while others are ready to have some outings without the baby. It is best for the baby and your milk supply if you use your pumped breast milk to supplement baby when she needs a bottle. Breastfeeding after you return to work can be a challenge but it is one you can be proud of.

How do I know how much milk to leave for my baby?

Research tells us that exclusively breastfed babies take in an average of 25 oz. (per day between the ages of 1 month and 6 months. We can use this information to estimate the average amount of milk baby will need at a feeding:

- Estimate the number of times that baby nurses per day (24 hours).
- Then divide 25 oz. by this number.
- This gives you a “ballpark” figure for the amount of expressed milk your exclusively breastfed baby will need at one feeding.

Example: If baby usually nurses around 8 times per day, you can guess that baby might need around 3 ounces per feeding when mom is away.

The amount you pump while separated from the baby should be what the baby needs during that timeframe. Babies who take more than mother pumps are probably being fed more than they need. Breastmilk is not like formula feeding. Babies increase the ounces of formula they need because calories per ounce in formula remains the same as infants get older. Breastmilk changes in calories and protein per ounce as the baby grows so their intake remains close to the same.

Some babies do “reverse-cycling” and baby takes just enough milk from a bottle to take the edge off his hunger, then waits for mom to return to get the bulk of his calories. Baby will typically nurse more often and longer than usual once mom returns. Some mothers encourage reverse cycling so they won’t need to pump as much milk. Reverse cycling is common for breastfed babies, especially those just starting out with the bottle.

Four to six weeks is a good age to teach your baby to drink from the bottle in addition to breastfeeding. You are comfortable breastfeeding and baby is old enough to learn a new skill.

1. Offer a practice bottle everyday for a week or two. Mornings seem to work best for most babies. Be patient and don’t force baby to take the bottle. Take a break and try again later. After baby is doing well you can cut back to a few days a week.
2. A slow-flow nipples is the most appropriate one for breastfed babies. Feeding at the breast is more work than drinking from a bottle (which is why breastfeeding helps normal jaw and speech development), but if your baby gets used to a very fast-flow nipple, it could lead overfeeding during the day.
3. Baby should be held in an upright position, not laying flat. Hold bottle horizontally; you want baby to be able to control the flow of milk. The milk should fill half the nipple and baby will expel air with the tongue. The nipple should be placed deeply in the baby’s mouth so baby can move her tongue the same way she does at the breast. Look for a good seal. The baby’s lips should roll out and not flip under.
4. This is also time to do some practice pumping. Pump once a day to have milk to put in baby’s practice bottle. Start with one or two ounces per feeding. Breastmilk can be kept 5 hours at room temperature and 5 days in the refrigerator. Use freshly expressed breastmilk when you can, this will make bottle-feeding as close to breastfeeding as possible.

Remember, you may be eligible for a pump from **WIC** or **BadgerCare**. Also, check out these web sites: kellymom.com and workandpump.com.